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Article

Patterns, Types, and Outcomes of Head Injury in Aseer Region, Kingdom of Saudi Arabia

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Abstract: *Background.* Head injuries contribute to almost-approximately 50% of all injuries. Head injuries are still one of the and remain a -majorleading causes of loss of life and loss-of-function among young adults. *Currently.* Nowadays, head injury has become a major community problem. Recently, head injury has become one of the biggest issues of almost mmore than 57 million people in the whole worldworldwide living with the traumatic brain injury-related neurological problem raised by TBIissues, in whichof whom 10 million people require hospital-based care. *This retrospective cross-sectional study aimed Objectives.* To determine the epidemiological aspects characteristics and outcomes of patients with head injury (HI)-treated in-at Aseer Central Hospital (ACH). *Materials and Methods.* This is a retrospective cross-sectional study. Data were gathered collected from patients' files and the registrar's database of ACH. *The study duration was between* January 2015- and December 2017. *All-We included* patients with head injury admitted to ACH during the study duration periodwere included in the study. *We calculated* SPSS software was used for analysis. *Descriptive statistics were obtained* (mean SD frequencies, percentages). *Statistical tests, and used the t-test,* and chi-squared test were applied to measure-examine the significant differences among thebetween variables. *P-value less than 0.05 was considered as a significant difference.* *Results.* There wereOf -353 patients with head injury, and the (age [mean -± ± SDstandard deviation] of age, was 27.01 -± ± 13.9 years), 87.3% were male and 12.7% were female. *Motor vehicle accidents (MVA) accounted for* (89.3%) of head injury. A total of 87.3% of the patients were male while 12.7% were female. *Conclusion.* In this study, wWe observed that motor vehicle accidentsMVA is comprised the leading cause of brain/head injuries (89.3% of all such injuries) in the KSAKingdom of Saudi Arabia, despite the implementations of new speeding rules. However, with new regulations of forbidding cell-phone use while driving and forcing-requiring the seat belts to be worn regulations, a major impact on these numbers is expectedare expected to markedly affect these numbers in the future. Thus, a future study is recommended to assess these expectations.

Keywords: keyword 1; keyword 2; keyword 3

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1. Introduction

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Head injuries contribute to ~~almost approximately~~ 50% of all injuries. ~~Head injuries are and are~~ a major cause of loss of life and ~~loss of organs function~~ among young adults [1–4].

~~Nowadays, h~~Head injury ~~has been reported as has become one of the biggest issues of almost an issue of great concern, with~~ more than 57 million people ~~in the whole world worldwide~~ living with ~~the traumatic brain injury (TBI)-related neurological problem raised by TBI issues; in which of these~~ 10 million ~~people~~ require hospital-based care [5].

Head injuries ~~are comprise an significant important~~ causes of deaths and disability irrespective of age ~~groups~~. In light of the epidemiological findings from the last ~~ten 10~~ years, some effective preventive measures ~~were have been planned implemented~~, such as ~~ensuring~~ the most appropriate health-care provision for both ~~the~~ acute care and rehabilitation of ~~survivors of injury with disabled survivors disabilities~~ [6]. Head injury accounted for ~~two-thirds 2/3~~ of in-hospital trauma deaths. Estimated epidemiological data ~~depicted showed~~ that the frequency of TBI is higher in North America and Europe. On average, 2.8 million people ~~had sustained~~ a TBI annually [6]. Head injury also ~~affected the economy of the countries has economic consequences, produced results in some~~ financial losses, and reduced the productivity. Almost ~~US\$60 billion USD was used~~ utilized to overcome ~~the damages of HI head injury-related damages in year 2000~~ [7, 8]. The estimated population incidence of ~~traumatic brain injury TBI~~ in the United States was 73.5/100,000 ~~individuals~~. A US-based study reported that head injuries were most common among young children [9, 10]. In ~~the year of 1998~~, in Malaysia, 4.75% of ~~patients admitted to the emergency patients department were suffering from had~~ head injuries [11]. One epidemiological study ~~stated reported~~ that 69 million individuals worldwide were estimated to ~~suffer from have~~ TBI [12].

~~Based on~~According to an Ethiopian study, head injuries are more common in males than in female ~~individuals~~. Deaths ~~are is~~ positively ~~correlated associated~~ with severe head injuries in all age groups. ~~Based on the Glasgow Coma Scale (GCS) score, h~~Head injury was mild in ~~the majority of most head injury victims cases; this degree was followed~~ by severe and moderate ~~degrees of injury based on the Glasgow Coma Scale (GCS) score~~ [13].

According to a Nigerian study, head injury was observed to be the most common ~~among all injuries type of injury~~ [14].

~~The~~ Saudi population ~~size is was estimated reported~~ to be 33,920,622, according to ~~the~~ February 2019 United Nations estimates. Among 1,870 ~~individuals implicated in motor vehicle accidents (MVAs) victims in the Kingdom of Saudi Arabia (KSA), 30% of them~~ died as a result of the accident; ~~A a~~ further alarming finding was that most patients (56.7%) had head injuries [15].

According to another study from ~~the~~ KSA, 32.1% of 1,219 patients ~~suffered had~~ head injuries, and MVAs were the leading cause of ~~head such~~ injuries (34.2%) [16].

The objective ~~of this study is was~~ to determine the epidemiological ~~aspects characteristics~~ of patients with head injury ~~(HI) who were treated in at~~ Aseer Central Hospital (ACH), ~~Aseer region, a region which that holds has~~ one of the highest numbers of car accidents based on the census of the Ministry of Interior, ~~of the~~ KSA.

2. Materials and Methods

This ~~is was~~ a retrospective cross-sectional study. Data were ~~gathered retrieved~~ from patients' files and the registrar's database of ~~the~~ ACH. The study ~~duration was was~~ conducted between January 2015–and December 2017. All patients with head injury admitted to ACH during the study ~~duration period~~ were included in the study.

~~The variable included~~We collected demographic data ~~on demographics, the Glasgow coma GCS score, Glasgow eOutcome Score, type of head injury, mechanism of injury, type of surgery type, and outcomes of disposition of patients patients~~. Data were ~~entered analyzed in with the~~ SPSS ver. 20 ~~software (IBM Corp., Armonk, NY) for analysis~~.

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Descriptive statistics were obtained calculated (means, SD standard deviations (SDs), frequencies, and percentages). Statistical tests: We used the t-test, and chi-squared test were applied to measure the examine significant differences among the between variables. A P-value less lower than 0.05 was considered as a significant difference.

3. Results

~~Out o~~ The mean (\pm SD) age of 353 patients with head injury, we observed that the mean \pm SD of age was 27.01 \pm 13.9 years. Figure 1 showed shows that MVAs (89.3%) is the most were the leading cause of head injury. A total of Of all patients, 87.3% of the patients were male, while 12.7% were female; 94% were Saudi nationals, while 6% were foreign nationals; 55.3% resided in high altitudes (mountain areas), 38.3 in low altitudes (plains), and 8.4% in other regions; and 42.5% were employed, 15.9% were unemployed, 34.6% were students, and 4% were workers (Table 1). Figure 2 depicted shows that 34% of patients were went to placed in rehabilitation centers, 63.2% were discharged, and 2.8% were referred to other centers during the acute phase either based on either the family's or patient's request or when the patient being was from another province.

Figure 1. Mechanism Causes of head injury (n=353).

Figure 2. Disposition Outcomes of patients with head injury patients.

Table 1. Demographic variables (n=353).

A total of Of all patients, 46.7% had severe GCS scores I (GCS \leq 8), 42.2% had moderate scores, and 11.1% had mild scores (Table 2). As described in Based on Table 3, 2.5% of the patients died, while 64.3% fully had good recovery recovered. Table 4 showed that we did not observe any there was no significant difference between the Glasgow Outcome Score and head injury types, although patients with subdural and intraventricular hemorrhages tended to have lower scores on Glasgow Outcome Scores. Table 5 shows that there was a significant difference between the type of head injury and the GCS scores ($P < 0.05$), as lower GCS scores upon presentation were observed in patients with subdural hematomas and patients with those with brain contusions are noticed to have Glasgow coma score upon presentation lower than patients in those who have with other types of head injury types. In Table 6, it is clearly shown that there is was a significant difference between the type of head injury and outcomes in terms of placement at the end of acute management ($P = 0.0001$), where as a greater proportion of patients with intraventricular hemorrhages and subdural hemorrhages than of patients with other types of head injury tend to be were placed in rehabilitation service centers more than patients with other head injury types. Table 7 shows that patients with subdural hematoma were undergoing either underwent craniectomy if they were to get operated on; otherwise they tend to be or were treated medically. In regard to Almost 30% of patients with traumatic subarachnoid hemorrhage, almost 30% of them were undergoing underwent craniectomy, of course not for the subarachnoid itself, however, due to because of major underlying brain edema. Craniectomies were less likely to be done in p Patients with brain contusions or epidural hematomas were less likely to undergo craniectomy ($P < 0.05$).

Table 2. Categories Patient categorization based on of the Glasgow Ceoma Scale score.

Table 3. Overall Patient categorization based on the Glasgow Outcome Score in head injury patients.

Table 4. Crosstabulation of Glasgow Outcome Scores and the type of head injury Glasgow outcome based on type of head injury type.

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Table 5: Crosstabulation of the type of head injury and Glasgow Coma Scale scores ~~Comparison of type of head injuries with GCS scores.~~

Table 6: Crosstabulation of the type of head injury and outcomes of patients ~~Comparison of Type of head injuries with outcome status.~~

Table 7: Crosstabulation of the type of head injury and type of surgery ~~Comparison of type of head injuries with surgery types.~~

4. Discussion

~~Our aim was to~~ In this study, we ~~discuss~~ examined the epidemiological aspects characteristics and outcomes of patients with head injury ~~(HI) treated in at~~ ACH, Abha, KSA and found MVAs to be the leading cause of injury; while most patients recovered, 2.5% died, 22.3% underwent surgery, and 34% were placed in rehabilitation centers.

The occurrence of head injuries refers to the number of new cases recognized in a certain period. ~~For A almost~~ Almost each every year under study, approximately 1.7 million head ~~injury~~/brain injury cases were recorded in the United States (in all age groups), and it is a contributing factor ~~in to~~ approximately 30.5% of ~~injury-related~~ deaths related to injuries. ~~Some studies~~ A previous study showed the likelihood of brain injury being found more, in the ~~that~~ babies and toddlers (0 to 4 years), adolescents from 15 to 19 years, and ~~matures~~ adults having age \geq of 65 years ~~or more~~ were more likely to sustain a brain injury [17].

According to a Malaysian study, MVAs ~~were~~ comprise the ~~most~~ common cause of head injury worldwide, ~~after together with~~ accidents at home, at the workplace, and during a sports events. In this study, 10% of patients were referred to higher centers, 29% ~~went through the~~ underwent rehabilitation ~~process~~, and 68% were discharged. Based on the findings of the Malaysian study, head injury was ~~one of the increasing~~ the fifth (7.86%) ~~most common~~ causes of hospitalization in Malaysian ~~government public~~ hospitals in 2014 [18].

In one review of 26 studies ~~(Tagliaferri et al.)~~, traumatic brain injury (TBI) ~~is was~~ found to be the ~~most~~ common cause of ~~most~~ trauma-related deaths in European countries [19], ~~that is, accounting for~~ 235–/100,000 patients with a mean mortality of 15/100,000 patients per year. In our study, MVAs ~~were~~ comprised the ~~major~~ leading cause of head injuries, ~~which is~~ comparable with the findings of other studies. For example, one study ~~reflected~~ found that, in five European countries, traffic accidents were the ~~major most~~ common (47%) cause of head injuries [20].

In ~~this the present~~ study, ~~there were~~ 87.3% of participants were male and 12.7% were female; another study ~~in from~~ Saudi Arabia ~~the KSA~~ described ~~reported~~ that ~~males men~~ were more affected with ~~likely than~~ women to sustain a head injury ~~than females~~ (78.4% vs. 21.6%) [21]. ~~These results were also comparable with those of Jason Kisser (2017) [22].~~ The results indicated that men are 2.4 times more ~~often~~ likely than women to sustain a TBI in their lifetime ~~than women~~. ~~These results were also comparable to those reported by Kisser et al. [22].~~

The Glasgow Coma Scale (GCS) score, ~~after its introduction in 1974 [23],~~ has been frequently used as ~~one of the most important~~ a major outcome predictors of outcome after head injury ~~since its introduction in 1974 [23].~~ In our study, based on GCS scores, TBIs were severe in 42.2%, moderate in 28.5%, and mild in 11.1% ~~of patients~~. In another study ~~(J. Leitgeb, 2013) [23],~~ the following pattern was observed: 57% of participants with severe TBI had GCS scores of 13–15, 19% had scores of 10–12, 9% had scores of 7–9, and 15% had scores of 3–6 upon admission; ~~the authors stated~~ reported that a low GCS score is more likely to ~~produce~~ lead to unfavorable outcomes.

Our finding that patients with intraventricular hemorrhages ~~have had a worse~~ prognosis and ~~more of them were~~ were more frequently placed in rehabilitation centers is

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going in line with the fact that traumatic intraventricular hemorrhage is associated with poor outcomes; however, the difference in our study is that intraventricular hemorrhages were more frequently observed in our study population [24].

In addition to that, additionally, acute subdural hematomas remain as a strong challenge for neurosurgeons and continue to be associated with less favorable outcomes, despite all advances in medical and surgical treatment, where less favorable outcome is still seen. Although the mortality rates have decreased even after decreasing mortality, patients with subdural hematomas are prone to tend to have lower score on Glasgow Outcome Scores, and they represent a major portion of patients who need rehabilitation services when after acute treatment is over [25].

The fact that almost 12.5% of our patients are undergoing underwent craniectomy surgery reflects that our institution is believing in favors decompressive craniectomy, and this may explain the reasonably low mortality rate; however, [26] increase in number 34% of our patients who were going to be placed in rehabilitation hospitals or long-term care facilities is 34% [26]. These findings reflect the need of for rehabilitation centers in almost every province in the Kingdom KSA in the presence of given that MVAs as remain a major national problem.

Since 2010, strict speeding rules and regulations were have been implemented in the KSA, and cameras are now installed within cities and on highways; however, countrywide implementation of these measures took it took few years several years to cover the whole country. In 2018, new rules of forbidden text and forbidding texting while driving and issuing traffic tickets for such attitude behavior are were implemented brought into effect and are expected to lower the occurrences of devastating car accidents. In addition, The impact of such regulations is worth reviewing in the next few years and compare to the current numbers.

The KSA Saudi Arabia is extremely greatly concerned with the safety features in of its imported vehicles, from all over the world, including airbags and ABS brakes anti-lock braking systems. For the last 30 years, all cars have to go for the Periodic Inspection of Vehicle undergo periodic vehicle inspections, which is are electronically connected to the car licensing authorities in of the Ministry of Interior (<http://www.mvpi.com.sa>). Furthermore, Saudi authorities have stopped importing any cars older than 5 years since year 2010. The impact of such measures is worth reviewing in the next few years.

Our study has some limitations. The principal limitations of this study are The its The retrospective nature of the study and the lack of long-term follow-up data of the patients and looking for the examination of lifelong long-term consequences like such as seizure and psychiatric disorders and psychiatric consequences are considered as one of the strongest limitations. The fact of missing some of the data that there were some missing data is also considered as another limitation.

5. Conclusions

In this study, we observed found that MVAs is were the leading cause of brain/head injuries in the KSA, despite the implementations of new speeding rules. To the best of our knowledge, our study was the first in Aseer region that to shed light on the head-injury burden, to looked to examining the short-term outcomes, and to addressed the fact that, despite the new traffic regulations may not suffice, and thus, the Aseer region still needs more attention should introduce more measures to decrease the numbers of such devastating problems accidents leading to head injuries. However, with the new regulations of forbidding cell-phone use while driving and forcing requiring the seat belts to be worn regulations are expected to markedly affect these numbers going forward, a major impact on these numbers is expected in the future. Thus, a future study is recommended to assess these expectations.

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